

# robin mckenzie treat your own neck

Robin McKenzie Treat Your Own Neck: A Guide to Self-Directed Neck Pain Relief

**robin mckenzie treat your own neck** is more than just a phrase; it's a doorway to empowerment for those dealing with neck pain and discomfort. Developed by the renowned physiotherapist Robin McKenzie, this method focuses on patient education, self-treatment, and exercises specifically designed to alleviate neck pain and improve spinal health. If you've ever struggled with stiffness, tension, or recurring neck issues, understanding the McKenzie approach can be a game-changer.

In this article, we'll explore the principles behind the Robin McKenzie method for neck care, explain how you can safely apply these techniques at home, and provide practical advice to help you regain mobility and reduce pain. Whether you're dealing with chronic neck stiffness, cervical disc problems, or just everyday strain, learning to treat your own neck could be the key to lasting relief.

## Understanding the Robin McKenzie Method

The Robin McKenzie method, often known as Mechanical Diagnosis and Therapy (MDT), is a structured approach to musculoskeletal problems, emphasizing active patient participation. Unlike traditional passive treatments, McKenzie's philosophy encourages individuals to become their own therapists, using specific movements and positions to centralize and reduce pain.

## Why Focus on Neck Pain?

Neck pain is one of the most common complaints worldwide, often resulting from poor posture, injury, or degenerative changes in the cervical spine. The neck's complex anatomy makes it susceptible to issues like:

- Cervical disc bulges or herniations
- Muscle strain and spasms
- Joint dysfunction
- Nerve irritation

Robin McKenzie treat your own neck techniques specifically address these problems by promoting spinal alignment and encouraging the body's natural healing mechanisms.

# Core Principles of the McKenzie Approach

The essence of the McKenzie method lies in three key principles:

1. **Assessment through movement:** Pain responses are observed during specific neck movements to identify the direction that reduces symptoms.
2. **Self-treatment:** Patients learn exercises that relieve pain and restore function.
3. **Prevention:** Education on posture, ergonomics, and lifestyle changes to prevent recurrence.

This method empowers you to take control of your neck health without excessive reliance on medications or passive therapies.

## How to Apply Robin McKenzie Treat Your Own Neck Techniques

One of the most appealing aspects of the McKenzie method is its simplicity and accessibility. With proper guidance, you can perform exercises at home that target the root cause of your discomfort.

### Assessment: Finding Your Directional Preference

Before starting exercises, it's important to identify your “directional preference” – the specific movement or position that eases your neck pain. This usually involves gentle movements such as:

- Neck extension (looking upwards)
- Neck flexion (looking downwards)
- Lateral movements (side bending or rotation)

Perform these movements slowly and note any changes in pain. If pain centralizes (moves toward the center of the neck or spine) or decreases, that movement is likely your directional preference and should be incorporated into your exercises.

### Common McKenzie Exercises for Neck Pain

Here are some foundational exercises often recommended in the McKenzie approach for the neck:

1. **Neck Retraction (Chin Tucks)**

Sit or stand upright. Gently draw your chin straight back, keeping your eyes level. Hold for 5 seconds and release. Repeat 10 times. This exercise helps

correct forward head posture and relieves pressure on cervical discs.

## 2. **Neck Extension**

From a neutral position, slowly tilt your head back to look up toward the ceiling. Hold for a few seconds and return to neutral. Repeat 10 times, especially if extension reduces your symptoms.

## 3. **Lateral Glides**

With your head facing forward, gently glide your head sideways (ear toward shoulder) without tilting. This can mobilize stiff joints and reduce pain on one side.

## 4. **Postural Awareness**

Practicing good posture throughout the day complements these exercises. Keep shoulders relaxed, avoid slouching, and ensure your workstation supports a neutral neck position.

# **Tips for Safe and Effective Self-Treatment**

- **Start Slow:** Begin with a few repetitions and gradually increase as your tolerance improves.
- **Listen to Your Body:** Mild discomfort is normal, but sharp or worsening pain indicates you should stop and consult a professional.
- **Consistency is Key:** Daily practice yields the best results.
- **Use Mirrors:** To ensure proper technique, perform exercises in front of a mirror.
- **Stay Hydrated and Active:** General wellness supports spinal health.

# **The Role of Posture and Ergonomics in Neck Health**

Robin McKenzie treat your own neck strategies go beyond exercises; they emphasize lifestyle adjustments that prevent pain from recurring.

# **Common Postural Issues Affecting the Neck**

- Forward head posture caused by prolonged screen time
- Rounded shoulders from slumping
- Sleeping in awkward positions without neck support

These habits contribute to muscle imbalances and joint stress, exacerbating neck problems.

## Simple Ergonomic Adjustments

- Position your computer monitor at eye level.
- Use chairs with proper lumbar and neck support.
- Take regular breaks to stretch and move.
- Use a supportive pillow that maintains natural neck alignment.

Making these changes can dramatically reduce strain on your cervical spine and complement the McKenzie exercises.

## When to Seek Professional Help

While Robin McKenzie treat your own neck techniques provide effective self-care options, certain symptoms require medical evaluation:

- Persistent or worsening pain despite exercises
- Numbness, tingling, or weakness in arms or hands
- Severe headaches or dizziness
- History of trauma or injury

A certified McKenzie therapist or physiotherapist can provide a detailed assessment, personalized treatment plan, and guidance.

## Benefits of Professional Guidance

- Accurate diagnosis of underlying issues
- Tailored exercise programs
- Manual therapy if needed
- Education on proper technique and progression

Combining professional care with self-treatment often leads to the best outcomes.

## Real-Life Impact of Treating Your Own Neck

Many people who have embraced the McKenzie method report significant improvements in pain, mobility, and confidence. The ability to manage neck pain independently reduces dependence on medications and frequent doctor visits. Moreover, it fosters a proactive approach to health, encouraging individuals to maintain spinal wellness throughout their lives.

Integrating Robin McKenzie treat your own neck principles into daily routines is not just about fixing pain – it's about empowering you to live comfortably and actively.

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If you've been searching for a way to address your neck discomfort without complicated treatments or endless medications, exploring the Robin McKenzie method could be your next best step. With patience, consistency, and mindfulness, you can learn to treat your own neck and enjoy the freedom that comes with a healthy spine.

## **Frequently Asked Questions**

### **What is the 'Treat Your Own Neck' method by Robin McKenzie?**

The 'Treat Your Own Neck' method by Robin McKenzie is a self-treatment approach for neck pain that involves specific exercises and postural corrections designed to reduce pain and improve neck function.

### **Who was Robin McKenzie?**

Robin McKenzie was a New Zealand physiotherapist who developed the McKenzie Method, a globally recognized approach to treating musculoskeletal conditions, particularly back and neck pain.

### **How does the McKenzie Method help with neck pain?**

The McKenzie Method helps neck pain by teaching patients specific exercises that centralize and reduce pain, improve mobility, and encourage proper posture to prevent future issues.

### **What are common exercises in the 'Treat Your Own Neck' program?**

Common exercises include neck retractions, extensions, and side glides, which aim to restore normal neck alignment and reduce nerve irritation.

### **Can I do the McKenzie neck exercises at home safely?**

Yes, the McKenzie neck exercises are designed to be performed safely at home, but it's recommended to learn them initially from a trained therapist to ensure proper technique.

### **How long does it take to see improvement using the 'Treat Your Own Neck' method?**

Improvement times vary, but many people notice reduced pain and increased mobility within a few days to a couple of weeks when exercises are performed

consistently.

## **Is the 'Treat Your Own Neck' method suitable for all types of neck pain?**

While effective for many mechanical neck pain conditions, it may not be suitable for neck pain caused by serious issues like fractures, infections, or tumors; professional assessment is important.

## **Where can I find resources or a book on the 'Treat Your Own Neck' method?**

The original book 'Treat Your Own Neck' by Robin McKenzie is widely available online and in bookstores, and there are also videos and tutorials from certified McKenzie practitioners.

## **What are the benefits of using the McKenzie Method for neck pain?**

Benefits include reduced pain, improved neck mobility, empowerment to self-manage symptoms, decreased reliance on medications, and prevention of future neck problems.

## **Do I need a physiotherapist to start the 'Treat Your Own Neck' exercises?**

While you can learn from books or online resources, consulting a physiotherapist trained in the McKenzie Method is recommended to tailor exercises to your condition and ensure safety.

## **Additional Resources**

Robin McKenzie Treat Your Own Neck: An In-Depth Exploration of Self-Managed Cervical Care

**robin mckenzie treat your own neck** has become a widely recognized phrase among physiotherapy and rehabilitation communities, reflecting a practical approach to managing neck pain and cervical spine discomfort through self-administered exercises and techniques. Developed by New Zealand physiotherapist Robin McKenzie in the mid-20th century, this method emphasizes patient empowerment by teaching individuals how to alleviate their own symptoms without immediate reliance on medication or invasive procedures. This article delves into the principles behind the McKenzie Method for neck treatment, evaluates its effectiveness, and explores how patients can integrate these strategies into their daily lives.

# Understanding the McKenzie Method for Neck Pain

The McKenzie Method, also known as Mechanical Diagnosis and Therapy (MDT), is a comprehensive assessment and treatment system designed to identify the source of spinal pain and dysfunction. While its original focus was on the lumbar spine, McKenzie's approach has been adapted effectively for cervical spine issues, giving rise to the concept of "robin mckenzie treat your own neck."

The central tenet of the McKenzie Method is active patient participation. Unlike passive treatments such as massage or manual therapy, it encourages individuals to perform specific movements and postural adjustments that centralize pain and promote spinal health. The approach is evidence-based, with numerous studies supporting its efficacy in reducing neck pain and improving function.

## Key Principles of the McKenzie Neck Treatment

1. **\*\*Assessment Through Repeated Movements:\*\*** Patients perform repeated neck movements and postures to identify which positions alleviate or exacerbate pain. This helps classify the condition and guides treatment.
2. **\*\*Centralization Phenomenon:\*\*** A hallmark of the McKenzie Method is observing whether pain moves from a distal (arm or shoulder) location to a more central position in the neck or spine, indicating positive response to treatment.
3. **\*\*Exercise Prescription:\*\*** Based on assessment findings, specific exercises are prescribed to reduce pain and restore mobility, often focusing on extension or retraction movements.
4. **\*\*Self-Treatment and Education:\*\*** Patients are taught how to perform exercises independently, fostering long-term management and reducing dependency on clinicians.

## The Role of McKenzie Exercises in Managing Neck Pain

Exercises are the backbone of the McKenzie approach. In the context of neck pain, these exercises primarily involve controlled movements that encourage spinal extension or retraction to relieve pressure on cervical discs and nerves.

## Common McKenzie Exercises for the Neck

- **Neck Retraction:** Sitting or standing, the patient gently draws the head backward without tilting up or down, creating a "double chin" effect. This exercise aims to stretch and mobilize the cervical spine.
- **Neck Extension:** From a neutral position, the patient tilts the head backward to look upward, which can help alleviate symptoms caused by forward head posture.
- **Side Glides:** The head is gently glided sideways, maintaining alignment, to address lateral neck issues.
- **Postural Correction:** Exercises focusing on scapular positioning and upper back strengthening complement neck movements to improve overall alignment.

These exercises are typically performed in sets, with frequency and repetitions adjusted according to individual response and symptom severity.

## Advantages of Self-Managed Neck Treatment

The McKenzie Method's emphasis on self-treatment offers several benefits:

- **Empowerment:** Patients gain control over their pain and are less reliant on external interventions.
- **Cost-Effectiveness:** Reducing the need for frequent clinical visits lowers healthcare expenses.
- **Immediate Relief:** Exercises can be performed at any time, providing timely symptom management.
- **Long-Term Prevention:** Understanding proper posture and movement mechanics helps prevent recurrence.

## Comparing McKenzie Method to Other Neck Pain Treatments

When exploring options for neck pain management, it is crucial to assess how the McKenzie Method compares with traditional treatments such as manual therapy, pharmacological interventions, or surgical approaches.

## Manual Therapy vs. McKenzie Method

Manual therapy involves hands-on techniques like mobilization or manipulation performed by healthcare professionals. While it can provide immediate symptom relief, its effects may be temporary, and it often requires regular sessions. In contrast, the McKenzie Method empowers patients to self-administer exercises that foster sustained improvement.

## Medication and Surgical Interventions

Pharmacological treatments, including nonsteroidal anti-inflammatory drugs (NSAIDs), muscle relaxants, and painkillers, can reduce symptoms but do not address underlying mechanical dysfunction. Surgery is usually reserved for severe cases involving significant nerve compression or structural damage.

The McKenzie Method offers a non-invasive alternative that targets the mechanical causes of neck pain, aiming to reduce or eliminate symptoms without the side effects associated with medications or surgery.

## Scientific Evidence Supporting Robin McKenzie Treat Your Own Neck

Multiple clinical trials and systematic reviews have assessed the efficacy of the McKenzie Method for cervical spine conditions. A 2015 randomized controlled trial published in the Journal of Orthopaedic & Sports Physical Therapy found that patients with neck pain who followed McKenzie exercises demonstrated significant improvements in pain, range of motion, and disability scores compared to control groups receiving standard care.

Furthermore, a 2018 meta-analysis concluded that the McKenzie Method was particularly effective in managing mechanical neck pain and radiculopathy, often outperforming other conservative treatments in terms of pain reduction and functional recovery.

However, it is important to note that not all neck pain responds equally. Patients with acute trauma, inflammatory diseases, or certain structural abnormalities may require alternative or adjunctive therapies.

## Limitations and Considerations

- **\*\*Proper Diagnosis Is Essential:\*\*** The success of McKenzie exercises depends on accurate patient assessment by a trained clinician.
- **\*\*Not a One-Size-Fits-All Solution:\*\*** Some individuals may experience minimal benefit or require modified exercise protocols.

- **\*\*Need for Professional Guidance:\*\*** Initial instruction and follow-up with a physiotherapist ensure exercises are performed correctly and safely.

## Incorporating the McKenzie Method into Daily Life

For individuals interested in adopting "robin mckenzie treat your own neck" strategies, several practical steps can enhance outcomes:

1. **Consult a Trained Professional:** Initial evaluation by a certified McKenzie therapist helps identify the appropriate exercises.
2. **Consistency Is Key:** Regular performance of prescribed exercises, typically multiple times per day, promotes symptom relief.
3. **Postural Awareness:** Maintaining ergonomic posture during work, especially for desk-bound individuals, supports cervical health.
4. **Monitor Symptoms:** Keeping a pain diary to track response to exercises aids in fine-tuning treatment.
5. **Lifestyle Adjustments:** Incorporating neck-friendly habits such as frequent breaks and stretching complements exercise therapy.

By integrating these principles, patients can take proactive steps toward reducing neck pain and improving quality of life.

## Technological Aids and Resources

In recent years, digital platforms and mobile applications have emerged to support the McKenzie Method for neck treatment. Video tutorials, virtual consultations, and exercise trackers help patients maintain adherence and receive feedback without frequent clinic visits.

Moreover, wearable devices that monitor posture can alert users to harmful neck positions, reinforcing behavior change.

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The concept of "robin mckenzie treat your own neck" represents a significant shift toward patient-centered care in musculoskeletal health. By blending scientific rigor with practical self-management techniques, the McKenzie Method provides a valuable tool for addressing neck pain in a non-invasive, cost-effective manner. While it may not be universally applicable, its

widespread adoption underscores the importance of empowering individuals to take charge of their spinal health through informed, active participation.

## **Robin McKenzie Treat Your Own Neck**

**robin mckenzie treat your own neck:** Treat Your Own Neck Robin McKenzie, 2006 Since the 1980's, Robin McKenzie's techniques have become widely accepted and are now taught in many physical therapy schools. This book was originally published in 1983 and is now in its 3rd edition. Topics include causes of neck pain, posture, exercises, prevention and a Panic Page. This easy to follow, illustrated manual helps people manage their own neck pain.

**robin mckenzie treat your own neck: 7 Steps to a Pain-Free Life** Robin McKenzie, Craig Kubey, 2014-12-30 A fully revised and updated edition of the program that's sold more than 5.5 million copies worldwide—plus a new chapter addressing shoulder pain Since the McKenzie Method was first developed in the 1960s, millions of people have successfully used it to free themselves from chronic back and neck pain. Now, Robin McKenzie has updated his innovative program and added a new chapter on relieving shoulder pain. In 7 Steps to a Pain-Free Life, you'll learn: · Common causes of lower back, neck pain and shoulder pain · The vital role discs play in back and neck health · Easy exercises that alleviate pain immediately Considered the treatment of choice by health care professionals throughout the world, 7 Steps to a Pain-Free Life will help you find permanent relief from back, neck, and shoulder pain.

**robin mckenzie treat your own neck:** Summary of Robin McKenzie's Treat Your Own Back Milkyway Media, 2022-04-21 Please note: This is a companion version & not the original book. Book Preview: #1 The book shows you how to put your back in if you have been unfortunate enough to have put it out, and it also shows you what steps you need to take to avoid a recurrence. #2 The majority of people who have back pain will experience recurring or chronic back problems. Once you learn selfmanagement, you will be willing to take responsibility for your own care. #3 The majority of back pain is mechanical in nature, and is caused by problems with the moving parts. If you are a typical patient, your problem is worse when bending forward for prolonged periods, and especially if sitting for prolonged periods while driving. #4 The claim that back pain is a shortterm problem ignores the evidence of research. Many studies show that far from being shortterm, over 50 percent of patients suffer from recurring attacks or have persistent or chronic pain following their initial period of disablement.

**robin mckenzie treat your own neck:** Summary of Robin McKenzie's Treat Your Own Back Everest Media,, 2022-03-13T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The book shows you how to put your back in if you have been unfortunate enough to have put it out, and it also shows you what steps you need to take to avoid a recurrence. #2 The majority of people who have back pain will experience recurring or chronic back problems. Once you learn self-management, you will be willing to take responsibility for your own care. #3 The majority of back pain is mechanical in nature, and is caused by problems with the moving parts. If you are a typical patient, your problem is worse when bending forward for prolonged periods, and especially if sitting for prolonged periods while driving. #4 The claim that back pain is a short-term problem ignores the evidence of research. Many studies show that far from being short-term, over 50 percent of patients suffer from recurring attacks or have persistent or chronic pain following their initial period of disablement.

**robin mckenzie treat your own neck:** *What to do for a Pain in the Neck* Jerome Schofferman, 2011-05-24 No one who works at a computer or drives a car will be surprised to learn that neck pain is on the rise. About 70 million people in the United States have had neck pain, and the incidence is increasing. Like back pain, neck pain can become a constant plague that is both mysterious and

difficult to treat. Here at last is help. In *What to Do for a Pain in the Neck*, one of today's leading experts on neck pain provides a broad range of treatments and preventive measures so that you do not have to learn how to live with pain—you can banish it.

**robin mckenzie treat your own neck: Deep Tissue Massage, Revised Edition** Art Riggs, 2007-06-05 Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of *Deep Tissue Massage* is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. "Fundamentals" covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. "Strategies" offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. "Caveats" details areas in which the practitioner needs to exercise caution. *Deep Tissue Massage* presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

**robin mckenzie treat your own neck: Trumpet Technique** Frank Gabriel Campos, 2005-01-06 'Trumpet Technique' is a resource for performers, teachers, and students seeking to develop the highest level of skill. The author, a trumpet professor and performer, applies the latest developments in physiology, psychology, learning theory and psychomotor research to brass technique and performance.

**robin mckenzie treat your own neck: The Art of General Practice** David Bartlett, 2018-08-20 A collection of life experiences, anecdotes and suggestions from an experienced GP and GP trainer focusing on the emotional intelligence required to be a great GP. *The Art of General Practice* is a short text written by an experienced GP and GP trainer. It is a book which will help focus the mind of the reader (GPs of all descriptions: young GPs, returners to general practice and even jaded GPs) on what it means to be a GP. Too often general practice focuses on guidelines, ever-changing targets, incentives or the academic side of medicine and the art and craft of being a GP is forgotten. The book aims to redress the balance; it helps the reader refocus on the emotional intelligence needed to be a great GP. The book consists of a number of short chapters so the busy GP can dip in and out of it as time allows - each chapter helps the reader re-centre on the core skills and techniques needed to be a great GP, and the benefits these skills will bring to both GPs and patients alike. There is almost no medicine in this book; it is a book of life experiences, anecdotes and suggestions - all aimed to help you survive the increasing pressures of general practice and make your life as a GP more interesting and less stressful.

**robin mckenzie treat your own neck: Safe Movement for All Spines** Gwen Miller, 2023-05-09 A comprehensive resource for yoga teachers, pilates instructors, and movement therapists--exercises, ergonomic adjustments, and daily-living activities for back pain, scoliosis, disc disease, and 18 other spinal conditions *Safe Movement for All Spines* is an essential guide for all movement therapists and teachers. With ready-made exercises and easy adaptations, yoga instructors, pilates teachers, and fitness instructors will learn: How to distinguish among different common spinal pathologies and mechanical dysfunctions--plus appropriate interventions and adjustments for each All about osteoporosis, spinal stenosis, hypermobility syndromes, and more Guidelines for appropriate movement and injury prevention How to work safely and effectively with both pre- and post-surgical clients Targeted programs for specific back-pain issues Accessible and easy to understand, the lessons and practices from *Safe Movement for All Spines* are appropriate to share with clients practicing at home or in the studio. Each condition is clearly explained with detailed illustrations and real-life examples, making for an empowering and educating experience. An invaluable resource, *Safe Movement for All Spines* is an up-to-date must-have for every yoga or pilates teacher's reference library.

**robin mckenzie treat your own neck: *Fibromyalgia: A Comprehensive Approach*** Miryam Ehrlich Williamson, 1996-08-01 Describes the causes, symptoms, and treatments for fibromyalgia and offers advice on finding the right doctor, pain medicines and nondrug therapies, meditation and relaxation techniques that help, and detecting and treating fibromyalgia in children

**robin mckenzie treat your own neck: *The Percussionists' Guide to Injury Treatment and Prevention*** Dr. Darin "Dutch" Workman, 2013-01-11 Pain and injury are near constant companions for professional musicians. Aching hands, painful joint swelling, back problems, among other ailments were all thought to be part of the price musicians had to pay to be performers. However, thanks to an increasing awareness of both the kinesiology and biology of movement, as well as proper techniques for fostering good performance habits, musicians no longer have to suffer in silence. Perhaps no group of musicians has been more prone to career-threatening injury than percussionists, and the demands for speed, power, control, and endurance are only increasing. Often musicians wait until an injury is so aggravated that it's too late to be fully treated. In almost every case, if the drummer had done some very simple preventative (or early) care, the injury would never have become a serious issue. The Percussionists' Guide to Injury Treatment and Prevention is designed to aid in that early prevention and treatment. Although it is not a substitute for clinical diagnosis or medical care from a trained physician, it can educate the musician as to how the human body works; the role of muscles and skeletal structure in supporting movement; and understanding specifically how to prevent and treat common injuries. The book begins with a general discussion of how the body works and basic prevention concepts. It then covers each specific area of the body (where it hurts), suggesting practical ways to prevent and treat it. Basic anatomy is covered in terms that a musician can understand. For all percussion students and professionals, The Percussionists' Guide to Injury Treatment and Prevention will be an indispensable companion.

**robin mckenzie treat your own neck: *The Canyon Ranch Guide to Living Younger Longer*** Len Sherman, Canyon Ranch, 2001 America's most popular health resort now offers its innovative, life-extending program of exercise, nutrition, stress reduction and spirituality for use in personalized practice at home. 190 photos.

**robin mckenzie treat your own neck: *The Computer User's Survival Guide*** Joan Stigliani, 1995-10-01 You probably suspect, on some level, that computers might be hazardous to your health. You might vaguely remember a study that you read years ago about miscarriages being more frequent for data entry operators. Or you might have run into a co-worker wearing splints and talking ominously about Workers' Comp insurance. Or you might notice that when you use a computer too long, you get stiff and your eyes get dry. But who wants to worry about such things? Surely, the people wearing splints must be malingerers who don't want to work? Surely, the people who design keyboards and terminals must be working to change their products if they are unsafe? Surely, so long as you're a good worker and keep your mind on your job, nothing bad will happen to you? The bad news is: You can be hurt by working at a computer. The good news is that many of the same factors that pose a risk to you are within your own control. You can take action on your own to promote your own health -- whether or not your terminal manufacturer, keyboard designer, medical provider, safety trainer, and boss are working diligently to protect you. The Computer User's Survival Guide looks squarely at all the factors that affect your health on the job, including positioning, equipment, work habits, lighting, stress, radiation, and general health. Through this guide you will learn: a continuum of neutral postures that you can utilize at different work tasks how radiation drops off with distance and what electrical equipment is responsible for most exposure how modern office lighting is better suited to working on paper than on a screen, and what you can do to prevent glare simple breathing techniques and stretches to keep your body well oxygenated and relaxed, even when you sit all day how reading from a screen puts unique strains on your eyes and what kind of vision breaks will keep you most productive and rested what's going on under the skin when your hands and arms spend much of the day mousing and typing, and how you can apply that knowledge to prevent overuse injuries The Computer User's Survival Guide is not a book of gloom and doom. It is a guide to protecting yourself against health risks from your computer, while boosting your

effectiveness and your enjoyment of work.

**robin mckenzie treat your own neck: Orthopedics** , 1987

**robin mckenzie treat your own neck: Pain Management** Renée Goossens, 2007-01-08

UPDATE: May 2009 - Pain Management took 3rd Place at the International book awards Living Now Book Awards in America within the Books for Better Living category. Pain Management is a unique book written by a patient herself a chronic pain sufferer for over four decades for patients. Renee Goossens recounts her battles with pain and her inspirational success in surviving pain. This unique book aims to teach patients how to - communicate with doctors simply, - be assertive yet polite, - seek a second opinion without damaging relationships with other treating practitioners, - assess complementary therapies. Written in plain language, Pain Management explains the effect of pain on the human nervous system. It provides medical and psychological strategies to enable patients to help themselves. For those living with constant pain, the book acknowledges and clearly demonstrates how to cope with: - Emotional pain- Depression- Grief and Loss- Maximise the quality of life Pain Management provides up to date information, reference material and case histories on sensitive issues of Dementia Care, Neurological Diseases, the work of Carers, Respite Care, Children's Hospices, Caring for those with Life Limiting Illnesses, Death and Dying and Grief Counselling. Pain Management will change how you understand and cope with Pain. REVIEWS John Quintner MB BS FFPMANZCA. Consultant Physician in Rheumatology and Pain Medicine, Pain Medicine Unit, Fremantle Hospital, WA This book makes a most insightful contribution to the world of pain. The author's concern for suffering humanity shines throughout the lucid text. Aaron McMillan, concert pianist, composer and cancer survivor Having known Renee Goossens as a friend, her words of wisdom and practical advice have given me great comfort while dealing with long-term pain.

**robin mckenzie treat your own neck: 50 Things You Can Do Today to Manage Migraines**

Wendy Green, 2009-02-02 Migraines are one of the most serious disabling medical conditions. In the UK, around one in five women, one in nine children and one in twelve men suffer from them. This book will help you understand conventional and alternative treatments. It explains how to avoid your triggers and how to choose beneficial foods and supplements.

**robin mckenzie treat your own neck: Physical Therapy** , 1987-07

**robin mckenzie treat your own neck: Understanding Pain** Naheed Ali, Moshe Lewis,

2015-04-01 Pain is informally defined as the body's way of uncovering a problem. Whether due to an injury, infection, or something else, pain alerts a person that something is not right. Sometimes pain goes along with inflammation and swelling, and when it does, the problem is more evident. Oftentimes, pain is more generalized to the entire body, signaling a viral infection such as a flu virus. Still other times, there is no apparent root cause for a person's pain. Yet, millions of people suffer from some form of pain on a daily basis. Understanding Pain walks readers through the various types of pain, the causes and symptoms, as well as the methods of treatment currently available. From prescription medication to acupuncture and massage therapy, various approaches may work for some but not for others. But handling pain is essential for living well and functioning on a daily basis. Here, the authors provide a comprehensive introduction to the subject, covering self-care as well as caring for others in pain, and addressing alternative as well as traditional methods of pain management.

**robin mckenzie treat your own neck: Manual Therapy for Musculoskeletal Pain**

**Syndromes** Cesar Fernandez de las Penas, Joshua Cleland, Jan Dommerholt, 2015-06-26 A pioneering, one-stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real-life screening, diagnosis and management of patients with musculoskeletal pain across the whole body. Led by an experienced editorial team, the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence. The textbook is divided into eleven sections, covering the top evidence-informed techniques in massage, trigger points, neural muscle energy, manipulations, dry needling, myofascial release, therapeutic exercise and psychological

approaches. In the General Introduction, several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain. In Chapter 5, the basic principles of the physical examination are covered, while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education. For the remaining sections, the textbook alternates between the upper and lower quadrants. Sections 2 and 3 provide state-of-the-art updates on mechanical neck pain, whiplash, thoracic outlet syndrome, myelopathy, radiculopathy, peri-partum pelvic pain, joint mobilizations and manipulations and therapeutic exercises, among others. Sections 4 to 9 review pertinent and updated aspects of the shoulder, hip, elbow, knee, the wrist and hand, and finally the ankle and foot. The last two sections of the book are devoted to muscle referred pain and neurodynamics. The only one-stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data Over 800 illustrations demonstrating examination procedures and techniques Led by an expert editorial team and contributed by internationally-renowned researchers, educators and clinicians Covers epidemiology and history-taking Highly practical with a constant clinical emphasis

**robin mckenzie treat your own neck: Spasmodic Torticollis Handbook** Karen Frei, MD, Mayank Pathak, MD, Dr. Daniel Troung, MD, 2003-07-01 Spasmodic torticollis, also known as cervical dystonia, affects about three people in 10,000, or an estimated 85,000 individuals in the United States alone. Despite this, there has been until now a lack of information outside of the professional medical literature for use by individuals with this disorder and their families. This book provides comprehensive information on the disorder for people with spasmodic torticollis and those close to them. Medical terms and concepts are introduced sequentially and then used as building blocks for the later discussion. Beginning with a clear definition of the disorder, opening chapters categorize this neurologic disease as one of the broader category of movement disorders, and differentiate it from other conditions with which it is often confused. The authors then present a stepwise introduction to the relevant anatomy and physiology of the nervous system and neck. They draw on the experiences of their patients to build a progressive depiction of the experiences an individual might have as he or she goes through the initial onset of symptoms, progression of the disorder, seeking medical care, diagnosis, treatment, and subsequent outcome. Personal vignettes from the experiences of selected patients are provided where they illustrate particular points in the discussion. Subsequent chapters discuss various modes of treatment for spasmodic torticollis. Prior to the mid-1980's, there were no specific treatments for this disorder. Nearly all treatment consisted of using oral medications that were primarily intended for other medical conditions. Since most of these medications are still in use, and a few new ones have been added, a chapter is devoted to detailing them and discussing the general principles of medication therapy. During the past decade, chemodenervation using botulinum toxin has become the primary and most effective treatment for spasmodic torticollis. For those few patients who require surgery, a description is provided of the neurosurgical techniques developed during the last twenty years specifically for its treatment. The final chapter is a manual of therapeutic rehabilitation exercises designed to alleviate the symptoms of spasmodic torticollis. These exercises can be performed by most patients with no assistance and a bare minimum of equipment. Since each person's case of spasmodic torticollis is different, only certain of the exercises may be appropriate for any given individual. They should be undertaken only after discussion with your physician. These exercises are accompanied by detailed illustrations that emphasize the particular muscles relevant to each posture or movement. About the Authors: Dr. Pathak is a neurologist with a special interest in the neurologic rehabilitation of movement disorders, especially spasmodic torticollis. Dr. Frei is a neurologist specialized in the field of neurogenetics, and has conducted clinical trials on a number of movement disorders, including spasmodic torticollis. Dr. Truong is a neurologist and movement disorders specialist. He has conducted active research in the management of movement disorders, including spasmodic torticollis. He was one of the pioneers in the use of botulinum toxin to manage this condition, and has lectured worldwide on the management of movement disorders.

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